



GENTLE AND LOWLY

September 5, 2021
Matthew 11:28-30

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Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.”



All Who Labor and are Heavy Laden

What is heavy on
you right now?

What does “rest”
mean to you?

Where are you
going to find rest?



All Who Labor and are Heavy Laden



The Weight of Performance

The Weight of Failure

The Weight of Insecurity

The Weight of Hopelessness



“Come to Me”

*“Take My Yoke
Upon You”*

“Learn from Me”

“The simplicity of Jesus’s promise is both striking and refreshing. Jesus doesn’t offer us a four-fold path to peace-giving enlightenment, like the Buddha did. He doesn’t give us five pillars of peace through submission as Islam does. Nor does he give us “10 Ways to Relieve Your Weariness,” which we pragmatic, self-help-oriented 21st century Americans are so drawn to. Unique to anyone else in human history, Jesus simply offers himself as the universal solution to all that burdens us.” - John Piper



“Come to Me”

“Take My Yoke
Upon You”

“Learn from Me”

Exchange what we are yoked to for Jesus.
Humble, Reliant, Vulnerable, Submissive Belief.



“Come to Me”

“Take My Yoke
Upon You”

“Learn from Me”

“Our tendency is to feel intuitively that the more difficult life gets, the more alone we are. As we sink further into pain, we sink further into felt isolation. The bible corrects us. Our pain never outstrips what he himself shares in. We are never alone. That sorrow that feels so isolating, so unique, was endured by him in the past and is now shouldered by him in the present.” (p. 48)



“Come to Me”

“Take My Yoke
Upon You”

“Learn from Me”

1 John 4:13

By this we know that we abide in him and he in us, because he has given us of his Spirit.

Romans 12:5

so we, though many, are one body in Christ, and individually members one of another.



“Come to Me”

“Take My Yoke
Upon You”

“Learn from Me”

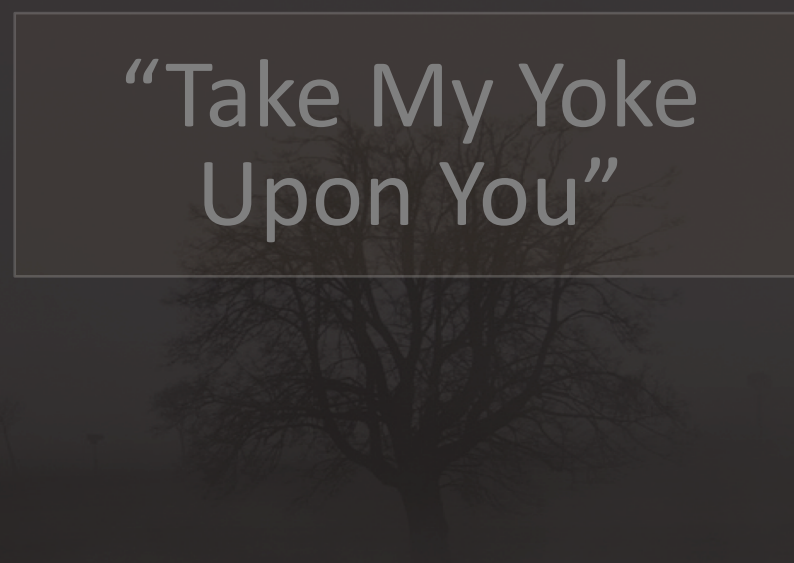
³⁰ For my yoke is easy, and my burden is light.”

“His yoke is kind and his burden is light. That is, his yoke is a nonyoke, and his burden is a nonburden. What helium does to a balloon, Jesus’s yoke does to his followers.” (p. 23)





“Come to Me”



“Take My Yoke
Upon You”

“Learn from Me”

Matthew 4:19 “Follow me...”



“Come to Me”

“Take My Yoke
Upon You”

“Learn from Me”

1 Peter 2:21

For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps.

Learn What?

Christ's Love

Christ's Sacrifice

Christ's Peace

Christ's Rhythm



For I am Gentle and Lowly in Heart

Heart

The center of our being which produces
our actions and attitudes.
It is Who We Are.



For I am Gentle and Lowly in Heart

Heart

The center of our being which produces
our actions and attitudes.
It is Who We Are.

Gentle

His heart towards me is
kind and healing.

Lowly

His heart towards himself
is humble and sacrificial



For I am Gentle and Lowly in Heart

Matthew 21:5b

“Behold, your king is coming to you,
humble, and mounted on a donkey,
on a colt, the foal of a beast of burden.”



1 Peter 5:6-7

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, ⁷ casting all your anxieties on him, because he cares for you.

“If we do come to him, as fierce as his lion-like judgement would have been against us, so deep will be his lamb-like tenderness be for us. We will be enveloped in one or the other. To no one will Jesus be neutral. (p. 54)



and you will find rest for your souls

Jesus doesn't just "gives us peace"
He IS our Peace,
and He has given us Himself.



and you will find rest for your souls

Psalm 23

The LORD is my shepherd; I shall not want.

² He makes me lie down in green pastures.

He leads me beside still waters.

³ He restores my soul.

He leads me in paths of righteousness

for his name's sake.

⁴ Even though I walk through the valley of the shadow of death,

I will fear no evil, for you are with me;

your rod and your staff, they comfort me.



and you will find rest for your souls

⁵ You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.

⁶ Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the LORD
forever.

